



# WHAT TO DO BEFORE YOU HAVE A LOWER GI PROCEDURE OR LOWER MOTILITY STUDY

**INSTRUCTIONS**  
Rectal Ultrasound  
Sigmoidoscopy  
Anal Manometry  
Biofeedback

These procedures are normally done **WITHOUT** sedation.

If your physician has ordered your procedure to be done with sedation, please follow all instructions

WHEN	WHAT YOU NEED TO DO	DETAILS
<b>At least 7 days before your procedure</b>	<ul style="list-style-type: none"> <li>• <b>All patients:</b> Purchase 2 Fleets Enemas</li> <li>• <b>For Rectal Ultrasound and Sigmoidoscopy patients:</b> Check which medicines you may need to stop especially if you are taking any blood thinning medications like Coumadin, Plavix, Lovenox.</li> <li>• <b>Sedation patients only:</b> Arrange for someone to drive you to and from your procedure</li> </ul>	<ul style="list-style-type: none"> <li>• Sedation patients: The person who is escorting and driving you must stay in the building during the entire length of your procedure. <b>Public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walking home is not allowed without a chaperone.</b></li> <li>• Motility patients do not need to stop any medications for their procedure.</li> </ul>
<b>1 Day before your procedure</b>		
<b>During the day</b>	<ul style="list-style-type: none"> <li>• You can continue to eat as you normally would, but try to avoid food that are high in fiber</li> </ul>	<ul style="list-style-type: none"> <li>• Examples of high fiber foods: salads, green vegetables, brown rice, whole grain bread, brown pasta, beans, seeds, and nuts.</li> </ul>
<b>Day of your procedure</b>		
<b>Meals</b>	<ul style="list-style-type: none"> <li>• <b>Sedation:</b> No food 8 hours prior to your procedure. No liquids 4 hours prior to your procedure.</li> <li>• <b>No Sedation:</b> You may eat light meals until your procedure time</li> </ul>	<ul style="list-style-type: none"> <li>• Sedation patients must be NPO in order to receive sedation for their procedure.</li> </ul>
<b>2 hours before you leave for your procedure (ALL patients)</b>	<ul style="list-style-type: none"> <li>• Give yourself 1 enema. Hold enema as long as possible.</li> <li>• Wait 15 – 20 minutes. Repeat with the 2<sup>nd</sup> enema</li> </ul>	<ul style="list-style-type: none"> <li>• If you cannot take or are unable to administer enemas, let us know.</li> </ul>



## Lower GI Procedures: FREQUENTLY ASKED QUESTIONS

### **Do I need to use enemas?**

Yes. Fleets enemas clean out the lower portion of the colon and rectum. In order to properly see the lining of the colon, it must be completely clean. A colon that is not properly cleaned may make it hard to see. This may lead to incomplete exams.

### **What are the side effects of the enemas?**

The enemas are meant to cause a bowel movement. It may take several minutes after administering the enema for a bowel movement to happen. Plan to be at home and near a bathroom. Some people have rectal irritation/discomfort or stomach cramps. This is normal. Do not be alarmed if you have these symptoms.

### **If I am having diarrhea, do I still need to have enemas?**

Yes. Your colon is about 5 feet long. The enemas clean out the lower portion of the colon.

### **The enemas didn't have any results. Is that OK?**

The purpose of the enemas is to initiate a bowel movement. If you do not have a bowel movement by the time you leave for your appointment, please give us a call and we will give you instructions on what to do next.

### **I'm receiving sedation. Why can't I drive myself home after the procedure?**

You will be given medicine that will make you sleepy for your procedure. This medicine impacts your judgment and reflexes. And for medical and legal reasons, you may not drive yourself home after your procedure.

### **Who can accompany me to my appointment if I'm receiving sedation?**

The person who is escorting and driving you must be a responsible adult over the age of 18. This can be a family member, friend, or caregiver.

### **If I receive sedation, can I take a taxi, bus, or walk home by myself?**

#### **What if I don't receive sedation?**

If you receive sedation for your procedure, you are NOT allowed to take public transportation (taxi, buses, Uber/Lyft), non-medical transport, or walk home without a chaperone.

If you do NOT receive sedation you can drive yourself home or use other means of transportation to take you home.

### **Which medicines should I stop taking before my procedure? (Sedation patients only)**

ALL blood thinners. Consult with your doctor about when to stop Coumadin (usually 7 days), (Pradaxa usually 48 hours), clopidogrel (Plavix usually 5 days)

### **Which medicines am I allowed to take? (Sedation patients only)**

- Tylenol is OK to continue taking
- You do NOT need to stop your daily aspirin, as it is safe to perform endoscopic procedures while taking aspirin.
- It is safe to perform endoscopic procedures while using anti-inflammatory medicines such as ibuprofen (Motrin, Advil) and naproxen (Aleve). We do recommend you try and limit their use (if possible) within 7 days before the procedure.



## Lower GI Procedures: FREQUENTLY ASKED QUESTIONS

### Which medicines should I take on the day of my procedure? (Sedation patients only)

Continue to take any heart, blood pressure, asthma, anxiety, and seizure medicines on the day of your procedure. If you take blood pressure medicine you should take it on the day of your test with a small sip of water at least 3 hours before your test.

### What if I take diabetes medicine?

You can continue taking your diabetic medicine, as prescribed

### How long will the test take?

Procedures take 30-45 minutes to complete. For patients receiving sedation, please plan to spend about 2 hours at the endoscopy lab.

### Can I drink alcoholic beverages?

Avoid drinking alcohol for several days prior to your scheduled procedure since alcohol can cause dehydration and thin your blood.

### Can I have the procedure done if I am having my menstrual period?

Yes, the procedure can still be performed. We ask that you use a tampon if possible.

### Will I need antibiotics?

If you have a prosthetic heart valve or had a previous joint replacement, the latest recommendations from the Gastrointestinal and Cardiovascular societies do not recommend the use of antibiotics. If you are a patient receiving peritoneal dialysis, please ask your doctor if you should receive antibiotics before your procedure.

### When will I get the results of my procedure?

For Lower GI Procedures: You will be given verbal and written instructions immediately after your procedure. If biopsies are taken or if polyps are removed, it may take up to two (2) weeks for the pathologist to process and review these specimens. You will then receive your results either by email, letter or by phone. Please do not call or email for results until after 2 weeks has passed.

For Lower Motility procedures: Your referring doctor will receive the results of your motility test in 5-7 days. Plan to discuss the results with your doctor at a follow-up appointment

### Where can I have my procedure? Loma Linda University Medical Center

11234 Anderson Street  
Loma Linda, CA 92354  
GI Lab is on the Lobby Level – Suite 1405

### How do I schedule my procedure?

Please call: (909) 558-4668, option 2 (scheduling)

### I have more questions, who do I call?

For further questions related to your procedure, please call (909) 558-4668, option 4.

